

Adult Arts & Crafts, Music & Dance

Knitting

NEW!

An introduction to knitting. Students will learn to make scarves, hats and various crafts. A material list will be distributed upon registration. Ages 18+.

Please Note:

- Instructor: Recreation USA Staff.
- Class held at Sal Cracolice Building.

Ikebana - Japanese Flower Arranging

The charm of Ikebana is infinite and of great richness. You will learn the beauty of the simple line and use of space. Bring scissors and a small container to the first class. Fresh flowers, branches and a text book will be distributed by the instructor. All levels are welcome. Ages 18+

- Instructor: Michiko Shimoda.
- Class held at Community Center.
- A \$58 material fee is payable to instructor on first class meeting.
- No class held Feb 23 and April 20.

Hip-Hop Dance

Have you ever watched a Pop or Hip Hop video or concert and thought to yourself, "I would love to learn to dance like that!" Well, the time is here to come join the "fun" and learn the latest Hip Hop dance moves with choreography by Kenyatta. In this comfortable, fun, non-competitive setting, you will learn how to count music, perform in front of a group, and dance to strong movements. This class also helps build self-esteem and confidence. Ages 6-18.

Please Note:

- Instructor: Kenyatta Ali.
- Class held at Sal Cracolice Building.
- Wear sweat pants/shorts (no jeans) and comfortable athletic shoes.
- Class is invited to the Dance Recital on May 4. \$25 recital costume fee due to instructor at first class meeting.
- No class held Feb 22-23, April 19-20.

Classical Guitar - Beginning

In only four lessons you will play seven beautiful classic pieces the instructor has adapted for the beginner. No need to read music or sing because you will be playing melody. Students **MUST** attend first class. Ages 10+.

Please Note:

- Instructor: Joyce Byrne.
- Class held at Community Center.
- Students should bring a guitar.
- No class held February 21.

Classical Guitar - Continuing

NEW!

This continuing class is for students who have completed the beginning guitar class and are focused on learning more pieces, picks and chords. Ages 10+.

Please Note:

- Instructor: Joyce Byrne.
- Class held at Community Center.
- Students should bring a guitar.
- No class held February 21.



The Milpitas Community Concert Band continues its 13th season and is always looking for new members. Rehearsals are held Wednesdays, 7:00-9:00 pm at the Milpitas Community Center, 457 E. Calaveras Blvd. Musicians skilled in

woodwind, brass and percussion instruments are invited to join. Members must provide their own instrument and be able to read and play music. New members may join at any time. A variety of family-style concerts and performances are scheduled throughout the year.

Activity Code: #1799.811

Annual Fee: \$90

Ages: 14 and up (minimum 2 full years playing experience)

Registration Begins

January 12 for Milpitas residents
January 26 for non-residents

Be sure to register early. Classes with low enrollments will be canceled a few days prior to their start dates.

Refund Policy

Please choose your classes wisely, see Registration Section for our new refund policy.

Act. #	Course	Age	Day	Time	Date	Location	# Class	Fee(N/R/Res)*
1949.103	Knitting	18+	M	5:00-5:45 pm	Feb 27-Apr 3	Sal	6	\$61 / \$51
1957.101	Ikebana - Japanese Flower	18+	Th	7:00-8:30 pm	Feb 9-Mar 23*	MCC	6	\$70 / \$60
1957.102	Ikebana - Japanese Flower	18+	Th	7:00-8:30 pm	Mar 30-May 11*	MCC	6	\$70 / \$60
1722.101	Classical Guitar - Beg.	10+	Tu	6:00-7:00 pm	Feb 7-Mar 7*	MCC	4	\$98 / \$88
1723.101	Classical Guitar - Cont.	10+	Tu	5:00-6:00 pm	Feb 7-Mar 7*	MCC	4	\$98 / \$88
1538.104	Hip Hop - Adult	18+	W	8:30-9:30 pm	Feb 8-Apr 26*	Sal	10	\$80 / \$70

* = Fees are listed as Non-resident / Resident prices. See "Please Note" in class description.

Adult Dance Classes

Latin Dance - Fun & Easy

Participants will learn Cha Cha, Samba, Rumba, and Slow Swing. You will enjoy a fun, comfortable atmosphere and learn from an experienced instructor. This class will burn calories and build coordination - even if you have two left feet!

Ages 16 and up.

Please Note:

- Instructor: Melissa Lenon-McColloch.
- Class held at the Sal Cracolice Building.
- Wear ballroom or leather-soled shoes.
- No class held March 15.

Sizzlin' Salsa Dance

Salsa is one of the hottest club dances in the Bay Area. It is fun and fast and will give you a workout. Merengue is also very popular at the Latin clubs and is marvelously simple. Lastly, Cha Cha is a must for grooving to slower Latin tunes. Ages 16 and up.

Please Note:

- Instructor: Melissa Lenon-McColloch.
- Class held at the Sal Cracolice Building.
- Wear ballroom or leather-soled shoes.
- No class held March 15.

*The Opportunities are
Endless ... to sharpen your
talents!*

Smooth Ballroom Dance

Participants will learn Tango, Waltz, Viennese Waltz, and Foxtrot. Join in on the fun, comfortable atmosphere and learn from an experienced instructor. This class will increase your grace and style on the dance floor. For men, class will focus on strong leading, while women will focus on looking elegant and natural. Ages 16 and up.

Please Note:

- Instructor: Melissa Lenon-McColloch.
- Class held at the Sal Cracolice Build.
- Wear Jazz, Ballet or tennis shoes.

Cardio Latin 1 & 2

Dancing burns hundreds of calories! This class is fun, fun, fun. You will learn exciting dance material in Cha Cha, Samba, Jive and Salsa - as seen on "Dancing with the Stars," "So You Think You Can Dance" and "Ballroom Bootcamp". Ages 16 and up.

Please Note:

- Instructor: Melissa Lenon-McColloch.
- Class held at the Sal Cracolice Build.
- Wear Jazz, Ballet or tennis shoes.
- No class held March 15.



Belly Dance: All Levels

Belly Dancing is an excellent way to concentrate on balance, coordination, flexibility, muscle tone, stamina and posture. The Beginning class will introduce warm up moves, basic steps and finger cymbals. The Intermediate class will use all the techniques learned in the Beginning class, plus veil work, spins and transitions from one step to another. Advanced Level students will be introduced to the final movements and development of the stomach. Ages 15 and up.

Please Note:

- Instructor: Dunia.
- Class held at the Sal Cracolice Building.
- Wear workout clothes and scarf to tie around hips.
- A material fee of \$12 is payable to instructor at first meeting to purchase finger cymbals.
- No class held February 13-20.



Act. #	Course	Age	Day	Time	Date	Location	# Class	Fee (N-R / Res)*
1531.101	Latin Dance	16+	W	7:00-7:55 pm	Feb 22-Mar 29*	Sal	5	\$60 / \$50
1531.102	Smooth Ballroom	16+	W	7:00-7:55 pm	Apr 5-May 3	Sal	5	\$60 / \$50
1546.101	Sizzlin' Salsa	16+	W	8:00-8:55 pm	Feb 22-Mar 29*	Sal	5	\$60 / \$50
1546.102	Sizzlin' Salsa	16+	W	8:00-8:55 pm	Apr 5-May 3	Sal	5	\$60 / \$50
1504.101	Cardio Latin 1	16+	W	6:00-6:55 pm	Feb 22-Mar 29*	Sal	5	\$60 / \$50
1504.102	Cardio Latin 2	16+	W	6:00-6:55 pm	Apr 5-May 3	Sal	5	\$60 / \$50
1532.101	Belly Dance - Beg.	15+	M	6:30-7:30 pm	Feb 6-Apr 3*	Sal	7	\$66 / \$56
1532.102	Belly Dance - Beg.	15+	M	6:30-7:30 pm	Apr 10-May 22	Sal	7	\$66 / \$56
1533.101	Belly Dance - Inter.	15+	M	7:30-8:30 pm	Feb 6-Apr 3*	Sal	7	\$66 / \$56
1533.102	Belly Dance - Inter.	15+	M	7:30-8:30 pm	Apr 10-May 22	Sal	7	\$66 / \$56
1534.101	Belly Dance - Adv.	15+	M	8:30-9:00 pm	Feb 6-Apr 3*	Sal	7	\$28 / \$28
1534.102	Belly Dance - Adv.	15+	M	8:30-9:00 pm	Apr 10-May 22	Sal	7	\$28 / \$28

* = Fees are listed as Non-resident / Resident prices. See "Please Note" in class description.

Adult Woodworking, Organization Skills & Dog Obedience

Fundamentals of Woodworking

NEW!

This is an entry-level class for beginners and/or as a refresher for people who have done woodworking in the past. This class will stress woodshop safety and the safe operation of the power tools in the shop. Students will learn how to select wood, plan a project and learn various wood joinery techniques, including dowel, dado, and rabbit joints. A wall curio cabinet will be constructed using 95 % of the power tools in The Sawdust Shop's woodshop. Ages 18+.

Please Note:

- Instructor: Vic Hageman, The Sawdust Shop Staff.
- Class held at Sawdust Shop, 452 Oakmead Pkwy, Sunnyvale. (408) 992-1004.
- A \$45 material fee is payable to instructor at first class.

Fundamentals of Woodworking 2

This is an entry-level class for beginners and/or as a refresher for people who have done woodworking in the past. This class will stress woodshop safety and the safe operation of the power tools in the shop. Students will learn how to select wood, plan a project and learn various wood joinery techniques, including dowel, dado, and rabbit joints. A Mantel Clock project will be constructed using 95 % of the power tools in The Sawdust Shop's woodshop. Ages 18+.

Please Note:

- Instructor: Vic Hageman, The Sawdust Shop Staff.
- Class held at Sawdust Shop, 452 Oakmead Pkwy, Sunnyvale. (408) 992-1004.
- A \$85 material fee is payable to instructor at first class.

Feng Shui

Do you Feng Shui? If not, you and your friends can learn how to enhance your life with Feng Shui! You'll leave feeling that you've improved your health, fitness and relationships by creating harmony and balance in your home or workplace. Learn to apply ancient fundamental Feng Shui principles to any environment and create an optimal design for you! Participants are encouraged to bring examples of a home or office space for analysis. Ages 16+.

Please Note:

- Instructor: Bobbie Izuo, certified Feng Shui practitioner, Blue Mountain Feng Shui Institute.
- Class held at Community Center

Dog Obedience

Have fun with your dog while teaching it to listen! Dogs learn to sit, stay, come, get along with other dogs, go for a walk without pulling and greet people without jumping. Intermediate class is for those wishing to refine beginner skills for show readiness. Ages 18 and up (minimum age of dog is 6 months).

Please Note:

- Instructor: Silicon Valley Dog Club.
- Class meets at Community Center Parking Lot.
- Bring proof of all shots to first class, plus a properly fitted choke chain and a 6' leather leash. **No physical abuse of dogs will be allowed.**
- Do not feed dogs before class and potty at home. No class held in heavy rain.
- Participants should wear good walking shoes to class.
- It is important to attend the first class due to the amount of information given. Each class builds upon the prior class, so consistent attendance is required.

Clearing Your Clutter & Loving It!

Do you have "stuff" around your home or office that seems to be multiplying by itself? Would you like to be rid of the clutter but don't know where to begin? You are not alone. Sign up for this fun, guilt free workshop and learn how to sort your treasures from "stuff" and enjoy organizing the rest. Class participants will design a simple and practical plan for their clutter by the end of the session. Ages 16+.

Please Note:

- Instructor: Bobbie Izuo, certified Feng Shui practitioner, Blue Mountain Feng Shui Institute.
- Class held at Community Center

Act. #	Course	Age	Day	Time	Date	Location	# Class	Fee(N-R/Res)*
1903.101	Parent Child Wood.	8+	Su	9:00am-12:00 pm	Apr 2	Sawdust	1	\$75 / \$65
1906.101	Woodwork Kids	10-13	Su	9:00am-5:00 pm	Mar 5	Sawdust	1	\$90 / \$80
1907.101	Woodwork Fund. 1	18+	Th	6:00-10:00 pm	Feb 9-Mar 2	Sawdust	4	\$115 / \$105
1907.102	Woodwork Fund. 2	18+	Tu/Th	6:00-10:00 pm	Apr 4-13	Sawdust	4	\$115 / \$105
3553.101	Feng Shui	16+	W	6:30-9:30 pm	Feb 22	MCC	1	\$45 / \$35
3508.101	Clearing Your Clutter	16+	Tu	6:30-9:30 pm	Feb 21	MCC	1	\$45 / \$35
3501.101	Dog Obedience - Beg.	18+	Th	7:00-7:59 pm	Feb 9-Mar 30	MCC	8	\$60 / \$50
3501.102	Dog Obedience - Beg.	18+	Th	7:00-7:59 pm	Apr 6-May 25	MCC	8	\$60 / \$50
3502.101	Dog Obedience - Adv.	18+	Th	8:00-9:00 pm	Feb 9-Mar 30	MCC	8	\$60 / \$50
3502.102	Dog Obedience - Adv.	18+	Th	8:00-9:00 pm	Apr 6-May 25	MCC	8	\$60 / \$50

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Adult Wellness & Golf Classes & Walking Club

Traditional Chen Family Taijiquan

Chen style Taiji (Tai Chi) is widely acknowledged as the ancestor of all other Tai Chi styles, incorporating both martial and health benefits. This class introduces the Chen Taiji form, silk-reeling exercise and Qigong, which form the foundation of the Tai Chi system. Chen style Taiji involves powerful stances, stomping and explosive releases of energy, but can also be performed slowly and gracefully. Tai Chi promotes lifelong physical wellness, improves the mind-body connection and physiological functions, helps reduce stress and improves concentration and the immune system. Silk-reeling exercises increase the mobility of body joints and improve body coordination and strength. Ages 16+.

Please Note:

- Instructor: Ging Loren Chin.
- Class held at Sal Cracolice Building.
- Wear comfortable clothing and athletic shoes.
- No class held February 23, April 20.

Tai Chi for Fitness Levels 1-2

Tai Chi (Chuan) is an ancient Chinese martial art which people exercise for good health and self defense. Movements are performed in continuous slow motion. Level 1 class focuses on learning Tai Chi movements which promote body balance, weight control, muscle stretch, coordination and relaxation. Level 1 is 64 moves Yang style Tai Chai. Level 2 is a continuous class which the movements expand to 108 moves. Ages 18+.

Please Note:

- Instructor: Bill Wong.
- Class held at Community Center.
- Not recommended for those with severe knee problems.
- Wear comfortable clothing and athletic shoes.
- Description and illustration of Tai Chi movements will be distributed in class.
- No class held February 13-20.



Get in shape with the Great Strides Walking Program. This program is offered in conjunction with Kaiser Permanente Medical Group, the GreatMall and the

City of Milpitas. Walkers meet at 8:30 am on Mondays and Wednesdays at the GreatMall's Great Eats Court. If walkers are unable to attend during these designated times, they are welcome to walk as their schedules permit.

Contact the Milpitas Sports Center at (408) 586-3225 for more information. TDD users should call (408) 942-3289.

Beginning Golf

Learn the game you can play the rest of your life. 9-hours of classes will concentrate on fundamentals, including grips, putting, ball-striking, chipping, rules and etiquette. Also learn how to get the most out of your practice.

Ages 16 and up.

Please Note:

- Instructor: Mark Dorcak (PGA member) and Staff.
- Meets at Spring Valley Golf Course.
- Balls must be purchased at range. Arrangements for equipment may be made by calling (408) 956-8381.
- In case of rain, call (408) 956-8381.



Act. #	Course	Age	Day	Time	Date	Location	# Class	Fee(Non-R/Res)
2715.101	Tai Chi For Fitness 1	18+	MW	6:00-7:00 pm	Feb 6-Mar 22*	MCC	12	\$94 / \$84
2715.102	Tai Chi For Fitness 1	18+	MW	6:00-7:00 pm	Mar 27-May 3	MCC	12	\$94 / \$84
2716.101	Tai Chi For Fitness 2	18+	Tu/Th	9:00-10:00 am	Feb 7-Apr 20	MCC	22	\$178 / \$168
2714.101	Trad. Chen Family Taiji.	16+	Th	7:30-9:00 pm	Feb 9-May 11*	Sal	12	\$122 / \$112
3715.101	Golf - Beginning	16+	Sat	10:00-11:00 am	Feb 11-Mar 4	See Desc.	4	\$130 / \$120
3715.102	Golf - Beginning	16+	Sat	11:00 am-12:00 pm	Mar 11-Apr 1	See Desc.	4	\$130 / \$120
3715.103	Golf - Beginning	16+	Sat	10:00-11:00 am	Apr 8-29	See Desc.	4	\$130 / \$120
3715.104	Golf - Beginning	16+	Th	6:00-7:00 pm	Apr 13-May 4	See Desc.	4	\$130 / \$120

* = Fees are listed as Non-resident / Resident prices. See "Please Note" in class description.

Adult Rock Climbing & Tennis Classes

Family Rock Climbing

Experience the thrill of Indoor Rock Climbing with your family at Fremont's World Class Rock Gym! This two-hour lesson provides friendly instruction on the basic safety of indoor climbing and time for the family to climb together. Participants are welcome to climb for the rest of the day. At least one participant must be over 18 years of age, parent or legal guardian must sign the liability form at City Beach. This is a parent/child participation class. Ages 18+.

Please Note:

- Instructor: City Beach Staff.
- Class held at City Beach, 4020 Technology Drive, Fremont.

Tennis - Adult Advanced

This class is loaded with skills, drills and thrills to assist players with a basic knowledge of strokes and strategy to delvelp one or two weapons. Studnets will learn the finer points of shot making, tactics and strategy. Specialty shots such as lobs, drop shots, spin serves, and the tactivs and strategy will be put to use. This class is for adults with USTA league experience. Ages 18 and up.

Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.
- No class held February 21-23 and April 18-20.



Adult Tennis

These lessons offer a structured introduction to tennis stroke mechanics, rules and basic strategies. These classes are geared to individuals with little or no prior instruction or experience. Students will learn the mechanics of hitting ground strokes, volleys, overheads and serves. When completed, students should be able to maintain a rally with players of similar experience, keep score and understand basic tennis strategies. Ages 8-16.

Please Note:

- Instructor: Fremont Tennis Center.
- Classes held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.
- For class updates in rainy weather, call (510) 790-5510.

Tennis - Basic Doubles

This class is loaded with skills, drills, and thrills to help players get more enjoyment and success with their doubles play. Students will learn basic doubles movement and strategy patterns, and will have the opportunity to put them into match play situations. They will learn specialty shots, such as lobs, drop shots, spin serves, and the tactics and strategy to put them in use. Adults who enjoy the USTA league play will find this class extremely beneficial for their match play experience. Ages 16 and up.

Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.
- No class held February 23, April 20.

Tennis - Adult Level 2

Adults that have had some playing experience along with a basic knowledge of strokes and scoring will be given the opportunity to develop and use more advanced skills, such as spin and location. Students will experience skills and drills that will help them learn tactics and strategy for both singles and doubles. This class is designed for adults who are looking to compete in USTA league and tournament events. Ages 18 and up.

Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.
- No class held February 23 and April 20.

Tennis - Advanced Doubles

This class is loaded with skills, drills, and thrills to help players get more enjoyment and success with their doubles play. Students will learn more advanced doubles movement and strategy patterns, and will have the opportunity to put them into match play situations. Students will learn various formations and the tactics and strategy to put them to work successfully, and continue to develop specialty shots such as lobs, drop shots, and spin serves. Adults who enjoy USTA League play will find this beneficial for the patch play experience. Ages 16 and up.

Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.
- No class held February 25, April 22.

Registration Begins

January 12 for Milpitas residents
January 26 for non-residents

Be sure to register early. Classes with low enrollments will be canceled a few days prior to their start dates.

Refund Policy

Please choose your classes wisely, see Registration Section for our new refund policy.

Adult Rock Climbing & Tennis Classes

Act. #	Course	Age	Day	Time	Date	Location	# Class	Fee (N-R / Res)*
3740.101	Family Rock	18+	Sun	1:00-3:00 pm	Feb 12	City Beach	1	\$59 / \$49
3740.102	Family Rock	18+	Sun	1:00-3:00 pm	Mar 12	City Beach	1	\$59 / \$49
3740.103	Family Rock	18+	Sun	1:00-3:00 pm	Apr 9	City Beach	1	\$59 / \$49
3740.104	Family Rock	18+	Sun	1:00-3:00 pm	May 14	City Beach	1	\$59 / \$49
3701.101	Tennis for Adults	16+	Sun	11:30 am-12:30 pm	Mar 5-19	Hall Pk.	3	\$45 / \$35
3701.102	Tennis for Adults	16+	Sun	11:30 am-12:30 pm	Mar 26-Apr 9	Hall Pk.	3	\$45 / \$35
3701.103	Tennis for Adults	16+	Sun	11:30 am-12:30 pm	Apr 30-May 14	Hall Pk.	3	\$45 / \$35
3703.101	Adult Level 2	18+	Th	6:00-7:00 pm	Feb 9-Mar 9*	Hall Pk	4	\$78 / \$68
3703.102	Adult Level 2	18+	Th	6:00-7:00 pm	Mar 16-Apr 6	Hall Pk	4	\$78 / \$68
3703.103	Adult Level 2	18+	Th	6:00-7:00 pm	Apr 13-May 11*	Hall Pk	4	\$78 / \$68
3710.101	Tennis - Basic Dbl	16+	Sat	12:00-1:30 pm	Feb 11-Mar 11*	Hall Pk	4	\$78 / \$68
3710.102	Tennis - Basic Dbl	16+	Sat	12:00-1:30 pm	Mar 18-Apr 8	Hall Pk	4	\$78 / \$68
3710.103	Tennis - Basic Dbl	16+	Sat	12:00-1:30 pm	Apr 15-May 13*	Hall Pk	4	\$78 / \$68
3716.101	Tennis - Adv. Dbl	16+	Sat	10:30 am-12:30 pm	Feb 11-Mar 11*	Hall Pk	4	\$78 / \$68
3716.102	Tennis - Adv. Dbl	16+	Sat	10:30 am-12:30 pm	Mar 18-Apr 8	Hall Pk	4	\$78 / \$68
3716.103	Tennis - Adv. Dbl	16+	Sat	10:30 am-12:30 pm	Apr 15-May 13*	Hall Pk	4	\$78 / \$68
3720.101	Tennis - Advanced	18+	Tu	6:00-7:30 pm	Feb 7-Mar 9*	Hall Pk	4	\$78 / \$68
3720.102	Tennis - Advanced	18+	Tu	6:00-7:30 pm	Mar 14-Apr 4	Hall Pk	4	\$78 / \$68
3720.103	Tennis - Advanced	18+	Tu	6:00-7:30 pm	Apr 11-May 11*	Hall Pk	4	\$78 / \$68

* = Fees are listed as Non-resident / Resident prices. See "Please Note" in class description.

Milpitas Recreation Services Presents...

***Get Out &
Play with
Milpitas &
USTA!***

The Community is invited to join us for a fun-filled morning of complimentary tennis instruction, games, prizes and more! You'll enjoy hands-on instruction from USPTA professionals, in a safe and fun environment. Milpitas' own Junior Ranked Players will also be there to provide demonstrations.

Get out and play! Don't miss the fun!

Saturday, April 15, 2006

9:00 am-12:00 pm

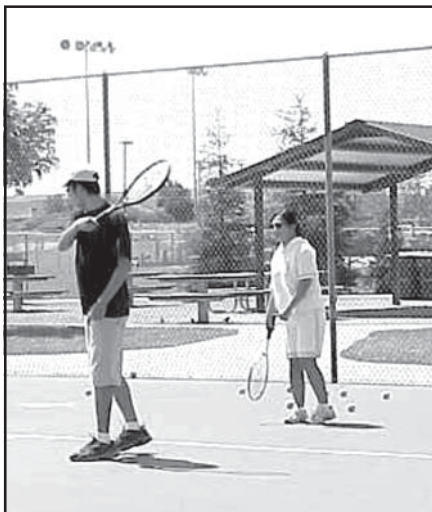
Registration begins at 8:30 am

Pinewood Park Tennis Courts

(In the Pine's subdivision on Starlite Dr., off of
W. Capital Ave.)

For more information, contact

Milpitas Recreation Services at (408) 586-3210



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